AADAC Continuum of Youth Services

As an agency of the Government of Alberta, the Alberta Alcohol and Drug Abuse Commission (AADAC) operates and funds a wide range of information, prevention and treatment services to help Albertans with alcohol, tobacco, other drug and gambling problems.

AADAC has provided addiction information, prevention and treatment services for over 50 years.

The struggle with alcohol and other drug abuse, tobacco use or a gambling problem can be devastating for youth and their families. AADAC counsellors have helped thousands of Alberta youth and their families reclaim their lives. AADAC is here to help.

Services

AADAC and the agencies and programs it funds deliver services in three areas.

Information

Current and accurate information about alcohol, other drugs and gambling, and about AADAC and its funded services, is available in print and online. A variety of resource materials (e.g., brochures, booklets and information sheets) are available to clients, parents, teachers, allied professionals and the public through our service sites provincewide, and through our website (aadac.com).

Prevention

Community-based programs and services are designed to prevent alcohol, tobacco, other drug and gambling problems. Strategies are intended to build on strengths and reduce the risks of a young person misusing alcohol or other drugs, or having a problem with gambling. AADAC and its funded services respond to local needs and work in partnership with others so that young people have the information and support they need, access to healthy activities and a chance to contribute to their communities.

Treatment

A broad spectrum of treatment programs and services assist Albertans in their recovery from alcohol, tobacco, other drug and gambling problems. Services include information, outpatient counselling, mobile outreach,

day treatment programs with residential support, and residential detoxification and treatment programs.

Treatment Services

AADAC's goal in providing treatment is to ensure that people receive the treatment that best suits their needs. We know it is important to match the service to the person and their situation. An AADAC counsellor can help youth and families to decide what the best options are for them.

Family involvement is strongly encouraged. Parental support is critical to adolescent recovery.

Parents need support too. One approach that has proven valuable is to join other parents who are experiencing the same issues. Parent support groups at AADAC are open to parents of adolescents already in counselling, as well as parents whose teens are not involved in any treatment. Professional support to parents is also available through family counselling. Parents also benefit from information; it is critical for parents to become informed about the many issues they will face.

Participation in treatment and planned detoxification and assessment services at AADAC is voluntary and confidential. Participation in detoxification and assessment services as provided through the Protection of Children Abusing Drugs (PChAD) Act is governed by that act.

Assessment

Young people who come to AADAC will participate in an assessment. Assessment helps the AADAC counsellor understand each person's strengths, resources and needs. The counsellor will gather information about the extent and duration of the substance use or gambling and their impact on the person's life, as well as other information important to beginning the first steps to recovery and a healthy future.

Considering the options

The results of the assessment help AADAC counsellors and the young person and their family choose the most suitable service. After assessment and discussion with the counsellor about treatment goals, the person is presented with options for treatment.

AADAC encourages people to identify and use the strengths and resources they already have, and works with them to build other skills and link them to supports in their communities.

What is AADAC about?

Our vision

A healthy society that is free from the harmful effects of alcohol, other drugs and gambling.

Our mission

Making a difference in people's lives by assisting Albertans to achieve freedom from the harmful effects of alcohol, other drugs and gambling.

Our values

- We value people, treat them with respect and believe in their ability to succeed.
- We value individuals, families and communities as partners in addressing addiction problems.
- We value staff and their knowledge, skills, creativity, initiative and expertise.
- We value service delivery that is grounded in research and experience.

The AADAC counsellor and the young person, along with the young person's family members, will put together a treatment plan. To help achieve their goals, clients will be referred to a type of service (residential, day program or outpatient) where they may receive information sessions, one-to-one counselling, group counselling, life skills training and family counselling, as well as referrals to community supports.

AADAC works in partnership with people in the community who are concerned about youth, including teachers, guidance counsellors, youth groups and health-care professionals. By working together, communities can better support youth to make positive changes.

Whatever combination of services we offer a client, our basic approach to the treatment of addictions remains the same. In all of our services, we focus on the person, and respect and work with the client regardless of how they feel about change.

Our approach to addictions treatment promotes overall health by increasing people's ability to learn, grow, and manage their lives without relying on alcohol, tobacco, other drugs or gambling.

Working for results

AADAC is continually working to improve the services it provides to Albertans. Our services are based on the most promising practices in the addictions field. By carefully monitoring our treatment services and keeping pace with research in the addictions field, we can anticipate trends and work to fine-tune our services. Our commitment to people and belief in their ability to lead healthy, successful lives guides our work.

AADAC Youth Treatment Services Overview

The following is a brief overview of AADAC treatment services for youth. It is important to discuss the options available with a counsellor. AADAC counsellors are trained to assess each situation and will help the young person and their family decide which options are best.

- *Information services:* Information is available in print, online and through counsellors at all AADAC offices and youth centres.
- *Outpatient treatment services:* Individual assessment and counselling, as well as parent and family counselling, are available through any AADAC area office or youth centre.
- *Mobile treatment services:* AADAC counsellors provide outreach counselling services at various sites. Some examples are Youth Attendance Centres, Young Offenders Centres, and Family and Community Services sites.
- *Intensive Day Treatment Programs:* Day programs are available in Edmonton and Calgary for youth who need more intensive counselling. These 12-week programs offer residential support for youth who require additional supervision and structure or who can't reach the program from their current living situation.

- *Residential Detoxification:*
  - Planned entry into residential detoxification programs is available in Edmonton and Calgary for all Alberta youth. In November 2006 this service will expand to Northern Alberta. These programs help youth in withdrawal from drugs while engaging them in a treatment process. Family involvement and planning for longer-term treatment are part of the detox program.
  - The Protection of Children Abusing Drugs Act (PChAD) program is a court-ordered detoxification and assessment program. PChAD offers an avenue for parents/guardians to help their children who are resisting or refusing voluntary treatment. This is a court-ordered, five-day stay in a protective safe house where detoxification and assessment will be offered, and treatment planning may commence to encourage the young person to seek voluntary treatment.

- *Residential Treatment Programs:*
  - Wilderness-Based Treatment (Calgary). This three-month voluntary wilderness program runs year-round to provide youth with an experiential and active approach to treatment. Using the outdoors to challenge youth to think and act differently, this program is a good match for youth who may benefit from a more remote environment while recovering from their addiction.
  - Urban-Based Treatment (Edmonton). This three-month voluntary program is available for youth who need the structure of a residential setting. Close proximity to health care and mental health resources make this setting ideal for youth who require close supervision and access to resources found in the city.
  - Expansion of residential treatment services is planned for November 2006 in Northern Alberta and by March 2007 in Lethbridge.

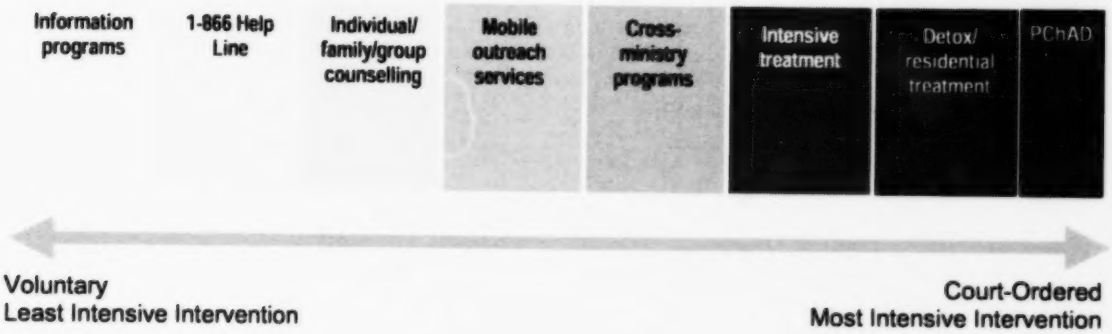
The following chart represents the youth continuum of treatment services. ***Who the service is for*** is a general statement only. Counsellors will work with youth and families to plan the treatment that is best for their situation.

Types of Youth Services Available Through AADAC

SERVICE	WHAT IT IS	WHERE IT IS OFFERED	WHO THE SERVICE IS FOR
Prevention Services	AADAC and its funded services work in communities to respond to local needs. AADAC and its funded services work in partnership with individuals, groups and community organizations to help communities build the capacity to prevent and overcome problems with addictions.	AADAC area offices across the province and Youth Centres located in Edmonton and Calgary, as well as satellite offices in St. Albert, Sherwood Park, Leduc, Stony Plain, Airdrie, Strathmore, Cochrane and High River	Individuals, schools and communities
Information Services	Information is provided through individual and group sessions. Some sites also have parent information series. Information provided may be about a specific drug or gambling, or about other aspects of addiction. Tel: 1-866-33AADAC Web: aadac.com	AADAC area offices across the province and Youth Centres located in Edmonton and Calgary, as well as satellite offices in St. Albert, Sherwood Park, Leduc, Stony Plain, Airdrie, Strathmore, Cochrane and High River	Youth and their families who need information on substance abuse or who are attending because they have been referred to AADAC by others (for example, a probation officer)
Outpatient Services	Outpatient services include individual, parent and family counselling and information services. Outpatient services provide a wide range of service and are appropriate for many different situations.	AADAC area offices across the province and Youth Centres located in Edmonton and Calgary, as well as satellite offices in St. Albert, Sherwood Park, Leduc, Stony Plain, Airdrie, Strathmore, Cochrane and High River	Youth, parents and families
Mobile Services	In some locations, mobile addiction counsellors provide outreach services at various youth sites.	Various locations, including schools, Children's Services offices, Alberta Justice sites and street-level service locations	Youth whose situation makes it appropriate for AADAC services to come to them
Intensive Day Program	These 12-week intensive day programs run Monday through Friday, 8:30 a.m.–3:30 p.m. Programs offer individual counselling, group counselling, on-site school, recreational opportunities and family counselling. Residential support services are available for youth who are from outside of Calgary and Edmonton, or who may benefit from this additional level of support.	AADAC Youth Centres in Edmonton and Calgary	Young people using alcohol or other drugs to the extent that it is causing serious harm, and who may be less likely to succeed on an outpatient basis
Residential Detoxification	Detox programs provide supported withdrawal from alcohol or other drugs, and support access to other AADAC treatment services.	This AADAC program is offered through Hull Child and Family Services in Calgary. There is also an AADAC-operated program in Edmonton. Northern Alberta will have a four-bed youth detox program in November 2006.	Young people who need to withdraw from the harmful effects of alcohol and/or other drugs in a safe and supportive environment

SERVICE	WHAT IT IS	WHERE IT IS OFFERED	WHO THE SERVICE IS FOR
Residential Treatment: Wilderness-Based Treatment	This is a three-month wilderness program contracted to Enviros Wilderness School Association that provides youth with an experiential and active approach to individual counselling, group counselling, on-site school, recreational opportunities and family counselling.	This AADAC program is offered through Enviros Wilderness School Association in the Bow Crow Forest area.	Young people who are experiencing significant difficulties with alcohol or other drug use, and who would do well in an active, highly structured program where 24-hour counselling support is available and access to urban facilities is not necessary.
Residential Treatment: Urban-Based Treatment	This is a three-month structured residential program that provides individual counselling, group counselling, on-site school, recreational opportunities and family counselling.	This AADAC-operated program is located in Edmonton. Northern Alberta will have an eight-bed program in November 2006; another eight-bed program will be available in Lethbridge by March 2007.	Young people who are experiencing significant difficulties with alcohol or other drugs, and who would do well in a highly structured program where 24-hour counselling support is available and access to urban facilities and services is necessary.
Protection of Children Abusing Drugs (PChAD) Program	This is an up to five-day, parent-initiated program intended for youth who are abusing alcohol and/or other drugs and would benefit from detoxification and assessment in a protective setting. Admission into this program is available through the Provincial Court of Alberta.	Contracted protective safe house beds are offered at five locations across the province: Edmonton, Calgary, Red Deer, Grande Prairie and Picture Butte.	Young people whose substance abuse poses a danger to themselves or others, and/or who have resisted voluntary treatment. Parents and guardians are encouraged to contact AADAC for advice about voluntary program options before applying for a court order.
Bridges Program ExCel Discovery Program	These programs are offered in partnership with the Alberta Solicitor General and Public Safety, Young Offender Branch; Calgary Health Region, Capital Health Forensic Adolescent Program; Enviros Wilderness School Association; John Howard Society Alberta Education; and Calgary and Edmonton Board of Education. They offer mental health and addictions treatment to young offenders sentenced to open custody.	Bridges Program: Edmonton ExCel Discovery Program: Calgary	Bridges: Young male offenders who have been sentenced to open custody, and who have been assessed as having mental health and addictions problems. ExCel Discovery: Young females with an open custody sentence and supervision order, who have been assessed as having mental health and addictions problems.

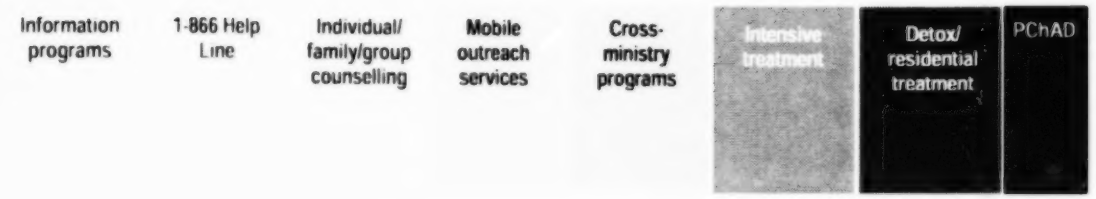
Youth Services Continuum



Can AADAC Help You?

If you or someone you know needs help, call your local AADAC office (listed in the white pages under Alberta Alcohol and Drug Abuse Commission), call our toll-free Help Line at 1-866-33AADAC or visit our website, aadac.com, for office locations and contact information. Services for youth and their families are free and confidential.

Youth Services Continuum



Voluntary
Least Intensive Intervention

Court-Ordered
Most Intensive Intervention

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AADAC

ALBERTA ALCOHOL AND
DRUG ABUSE COMMISSION

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ISBN 0-7785-4488-5